

Abstract of the Disclosure

An exercise apparatus includes a frame; a front crank rotatably mounted on the frame; a rear crank rotatably mounted on the frame; left and right rails rotatably interconnected between
5 respective portions of the front crank and respective portions of the rear crank; left and right foot supports movably mounted on respective rails; left and right rocker links pivotally mounted on the frame and operatively, connected to respective foot supports; and left and right drive links movably interconnected between
10 respective front cranks and respective rocker links. The resulting assembly constrains the rails to move through respective circular paths relative to the frame, and constrains the foot supports to move back and forth relative to the rails in a manner that generates elliptical foot paths.